

KINGSBURY CLUB POOL SCHEDULE - FALL 2022 (Effective September 12 - November 26)

Please note: no reservations required for Free Swim. Reservations are required for Lap Lanes and Aqua Classes. Lap Swim is available in the lap pool from opening to close. At least two lanes are available throughout the day.

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose	Lap	Multi-Purpose
5:00 -														
5:30 -			Masters 18+ (1 hour) 2		Kingfish Swim Team (1.5 hours) 2		Masters 18+ (1 hour) 2		Kingfish Swim Team (1.5 hours) 2		Closed	Closed	Closed	Closed
6:00 -														
6:30 -														
7:00 -														
7:30 -		Hydro Therapy Joel (1 hour)									Hydro Therapy Joel (1 hour)	Masters 18+ (1 hour) 2		
8:00 -														
8:30 -									RAAA-Aqua Barre Soraya (1 hour)					
9:00 -														
9:30 -					Masters 18+ (1 hour) 2					Masters 18+ (1 hour) 2		Aqua Jogging Heidi (1 hr) 2		
10:00 -									Swim Lessons (2 hours)					
10:30 -			Senior Swim (1 hour) 2	Senior Swim (1 hour)		Swim Lessons (1.5 hours)			Senior Swim (1 hour) 2	Senior Swim (1 hour)		Swim Lessons (2.5 hours)		
11:00 -														
11:30 -														
12:00 -														
12:30 -														
1:00 -														
1:30 -														
2:00 -														
2:30 -														
3:00 -														
3:30 -														
4:00 -	High School Clinic (1 hour) 2		High School Clinic (1 hour) 2				High School Clinic (1 hour) 2		High School Clinic (1 hour) 2					
4:30 -		Swim Lessons (2.5 hours)												
5:00 -														
5:30 -	Kingfish Swim Team (3 hours) 2				Kingfish Swim Team (3 hours) 2									
6:00 -														
6:30 -			Kingfish Swim Team (4.5 hours) 2											
7:00 -														
7:30 -														
8:00 -	Masters 18+ (1 hour) 2				Masters 18+ (1 hour) 2									
8:30 -														
9:00 -														

POOL HOURS:

Monday - Friday
Saturday - Sunday

5:00am - 9:00pm
6:00am - 8:00pm

Lap Pool: There are always at least two lanes available for swimmers;
Multi-Purpose Pool: The pool is closed when a class is in session

2 = Number of lap lanes available

AQUATIC CLASSES

Aqua Jogging

Aqua Jogging is a deep water running and traveling workout. Utilizing the Aqua-Jogger® buoyancy belt, this class is guaranteed to challenge your body, your core muscles, and your stamina. The Aqua Jogger® buoyancy belt comfortably suspends you at shoulder level in deep water allowing you to breathe normally and move freely. Hand buoys, bands, noodles, and kick-boards may be used to provide increased resistance and exercise variations.

Aqua Tabata

Utilizing the famous Tabata style HIIT training method (20-second intervals of high intensity work followed by short rest periods), this class focuses on sets of simple, yet intense exercises, allowing you to burn away the calories and strengthen your body as a whole.

Hydro Therapy Training

Enjoy a full body, low impact work out with Joel St. Cyr. This class will concentrate on cardiovascular training and full range of motion full-body muscular training. Class will be held in the shallow end of the pool.

RAAA-Aqua Barre

RAQ THE BARRE® gets wet! Experience a new dimension to barre fitness with the many benefits that come with hydro training! This class utilizes noodles, loop bands, and additional props to tone and sculpt your body with the same ancient Middle Eastern mindful movements translated into an aqua barre workout!

Lengthen, strengthen, and enhance your posture as you work your entire body with added low impact & suspended cardio barre bursts!

Masters Swim

The Masters program is for adults of all swimming abilities looking for a great swim workout. These coached workouts will improve your overall conditioning as well as help with your stroke mechanics.

Swim Lessons

The swim lesson program is designed in order to teach safety awareness around the water, while building a strong, efficient swimmer who enjoys the water for both fitness and recreation. Leveling is based on ability and age. Group, Private, and Semi-Private lessons are available.